

# Get Started on Your 2017 Discount!

## (2016 Health Screening Schedule Inside)

- ♦ Schedule your State-sponsored health screening as soon as possible!
- ♦ You do not have to wait 12 months between screenings.

Have it at a Montana Health Center in Anaconda, Billings, Butte, Helena, Missoula, or Miles City or at any of the events listed in this flyer.

### You must have an appointment to have a State-sponsored health screening:

1. Log in at [www.carehere.com](http://www.carehere.com) or call (855) 200-6822. (First time registration code-MANA9.)
2. Select "Blood Draw" next to "What."
3. For off-site screenings, select the exact date of the screening you want next to "When" and "Off-Site Health Screenings" next to "Where."

Date	City	Time	Location	Address
1/28	Boulder	6-11 AM	MDC Multi-purpose Room	
2/9	Whitefish	6-11 AM	Best Western Rocky Mountain Lodge - Ququski Rm	6510 US HWY 93 S
2/10	Kalispell	6-11 AM	Hampton Inn - North Fork	1140 HWY 2 W
2/11	Kalispell	6-11 AM	Hampton Inn - North Fork	1140 HWY 2 W
2/12	Kalispell	6-11 AM	Hampton Inn - North Fork	1140 HWY 2 W
2/23	Shelby	6-11 AM	Marias River Electric Co-op	910 W Roosevelt Hwy
2/24	Great Falls	6-11 AM	Best Western Plus Heritage Inn - Montana/Alberta Rm	1700 Fox Farm Rd
2/25	Great Falls	6-11 AM	Best Western Plus Heritage Inn - Montana/Alberta Rm	1700 Fox Farm Rd
3/1	Deer Lodge	6-11 AM	DOC Training Center	
3/2	Deer Lodge	6-11 AM	DOC Training Center	
3/8	Dillon	6-11 AM	UM Western - Lewis and Clark Room	E. Cornell St
3/9	Warm Springs	6-11 AM	MSH - Program Support Building Rms A&B	
3/16	Bozeman	6-11 AM	Holiday InnExpress & Suites	2305 Catron ST
3/17	Bozeman	6-11 AM	Holiday InnExpress & Suites	2305 Catron ST
3/22	Libby	6-11 AM	Libby City Hall; Ponderosa Room	952 E Spruce
3/23	Columbia Falls	6-11 AM	VA Chapel	400 Veterans Dr
3/24	Columbia Falls	6-11 AM	VA Chapel	400 Veterans Dr
3/25	Polson	6-11 AM	Polson Masonic Lodge	1102 4th Ave E
4/5	Havre	6-11 AM	Best Western Great Northern	1345 1st ST
4/6	Great Falls	6-11 AM	School For Deaf and Blind Lobby of Mustang Center	3911 Central Ave
4/7	Great Falls	6-11 AM	School For Deaf and Blind Lobby of Mustang Center	3911 Central Ave
4/19	Wolf Point	6-11 AM	First Lutheran Church	415 Johnson St
4/20	Sidney	6-11 AM	USDA- ARS Meeting Room	
4/21	Glendive	6-11 AM	Comfort Inn	1918 N Merrill Ave
4/22	Glendive	6-11 AM	Comfort Inn	1918 N Merrill Ave
5/3	Havre	6-11 AM	Best Western Great Northern	1345 1st St
5/4	Glasgow	6-11 AM	Cottonwood Inn	45 1st Ave NE
5/17	Kalispell	6-11 AM	Hampton Inn - North Fork	1140 HWY 2 W
5/18	Kalispell	6-11 AM	Hampton Inn - North Fork	1140 HWY 2 W
5/19	Kalispell	6-11 AM	Hampton Inn - North Fork	1140 HWY 2 W

## 2016 Off-Site Health Screening Schedule

Date	City	Time	Location	Address
5/20	Columbia Falls	6-11 AM	VA Chapel	400 Veterans Dr
6/1	Livingston	6-11 AM	Best Western Yellowstone Inn	1515 West Park St
6/2	Bozeman	6-11 AM	Holiday InnExpress & Suites	2305 Catron St
6/3	Bozeman	6-11 AM	Holiday InnExpress & Suites	2305 Catron St
6/14	Lewistown	6-11 AM	Yogo Inn	211 E Main St
6/15	Lewistown	6-11 AM	Yogo Inn	211 E Main St
6/28	Shelby	6-11 AM	Marias River Electric Co-op	910 W Roosevelt Hwy
6/29	Great Falls	6-11 AM	Holiday Inn - Trigg Room	1100 5th AVE S
6/30	Great Falls	6-11 AM	Holiday Inn - Trigg Room	1100 5th AVE S
7/13	Havre	6-11 AM	Best Western Great Northern	1345 1st ST
7/14	Glasgow	6-11 AM	Cottonwood Inn	45 1st Ave NE
7/20	Hamilton	6-11 AM	Bitterroot River Inn; Montana Room	139 Bitterroot Plaza DR
7/21	Hamilton	6-11 AM	Bitterroot River Inn; Montana Room	139 Bitterroot Plaza DR
8/2	Deer Lodge	5:30-10:30 AM	MSP-Wallace Building Large Classroom-Employees ONLY	
8/3	Deer Lodge	6-11 AM	DOC Training Center	
8/16	Lewistown	6-11 AM	Yogo Inn	211 E Main St
8/17	Lewistown	6-11 AM	Yogo Inn	211 E Main St
8/18	Bozeman	6-11 AM	Holiday InnExpress & Suites	2305 Catron St
8/19	Bozeman	6-11 AM	Holiday InnExpress & Suites	2305 Catron St
9/1	Dillon	6-11 AM	UM Western - Heritage Room	E. Cornell St
9/2	Warm Springs	6-11 AM	MSH - Program Support Building Rms A&B	
9/13	Libby	6-11 AM	Libby City Hall; Ponderosa Room	952 E Spruce
9/14	Kalispell	6-11 AM	Hampton Inn - North Fork	1140 HWY 2 W
9/15	Kalispell	6-11 AM	Hampton Inn - North Fork	1140 HWY 2 W
9/16	Kalispell	6-11 AM	Hampton Inn - North Fork	1140 HWY 2 W
9/28	Bozeman	6-11 AM	Holiday InnExpress & Suites	2305 Catron St
9/29	Bozeman	6-11 AM	Holiday InnExpress & Suites	2305 Catron St
9/30	Bozeman	6-11 AM	Holiday InnExpress & Suites	2305 Catron St
10/12	Great Falls	6-11 AM	Best Western Plus Heritage Inn - Montana/Alberta Rm	1700 Fox Farm Rd
10/13	Great Falls	6-11 AM	Best Western Plus Heritage Inn - Montana/Alberta Rm	1700 Fox Farm Rd
10/14	Great Falls	6-11 AM	Best Western Plus Heritage Inn - Montana/Alberta Rm	1700 Fox Farm Rd

### Health Screening DOs

- Do drink plenty of water 24 hours prior to your screening.
- Do take prescription medications as directed by your doctor.
- Do wear clothing with loose fitting sleeves to the screening.
- If you are diabetic: Schedule your appointment earlier in the morning so fasting time does not extend late into the morning.
- It is okay to brush your teeth prior to the screening.
- Do take the results of your health screening to regular doctor's appointments so that labs do not need to be repeated. This saves you and the plan money.

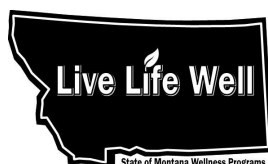
### Health Screening DON'TS

- Don't eat or drink food or beverages other than water and black coffee 12 hours prior to your screening.
- Don't exercise strenuously 10 hours prior to your screening
- Do not attend if you are ill. Call or go online to [www.carehere.com](http://www.carehere.com) to cancel your appointment.




To schedule a **Health Screening** go to [www.carehere.com](http://www.carehere.com) or call (855) 200-6822 or email [help.montana@carehere.com](mailto:help.montana@carehere.com)



# 2016 Live Life Well Incentive



Get started on activities to earn up to \$60/month\* off your **2017 monthly benefits payment** by completing these activities before October 31, 2016!

Discount	Check List
 <b>\$5 Health Screening Discount</b>	Complete a State-sponsored health screening with CareHere by Oct. 31, 2016.
<i>You must complete the Health Screening Discount to qualify for the Nicotine Free and/or Next Steps Discounts!</i>	
 <b>\$10 Nicotine Free Discount</b>	Be nicotine free (you will be tested as part of your health screening). <b>OR</b> Complete a nicotine cessation program by Oct. 31, 2016.
 <b>\$15 Next Steps Discount</b>	More information on the NEW custom Next Steps coming soon! Visit <a href="http://www.benefits.mt.gov/discount">www.benefits.mt.gov/discount</a> often for the most up-to-date information.

**\*New for 2016-**Only eligible plan holders and their spouse/domestic partner may earn a discount by completing Live Life Well activities in 2016. Based on recent federal agency guidance, dependent children are no longer eligible to earn a discount for 2017. They may still participate in Live Life Well activities, but these will not count toward a 2017 discount.

**Visit our website often for more details!**

[www.benefits.gov/discount](http://www.benefits.gov/discount)

Rewards for participating in a wellness program are available to all eligible members. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the Health Care and Benefits Division at (800) 287-8266 or email [benefitsquestions@mt.gov](mailto:benefitsquestions@mt.gov) and we will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

To schedule a **Health Screening** go to [www.carehere.com](http://www.carehere.com) or call (855) 200-6822 or email [help.montana@carehere.com](mailto:help.montana@carehere.com)

